



FIRST-AID SUPPLIES:

- Band-aids
- Adhesive tape
- Pain relievers
- Scissors
- Alcohol wipes
- Thermometer
- Medications for common illnesses
- Protective mask

HEALTH AND HYGIENE SUPPLIES:

- Liquid soap and hand sanitizer
- Feminine supplies
- SPF 30 Sunscreen
- Deodorant
- 2-week supply of prescription drugs
- Glasses

SAFETY SUPPLIES:

- Flashlight and batteries (recommended one per person)
- Cell phone charger and backup battery
- Emergency contact information (phone, address, E-mail)

MISCELLANEOUS SUPPLIES:

- Change of clothes
- Toilet paper and paper towels
- Trash bags
- Toothbrush & floss
- Nonperishable foods

EMERGENCY CONTACTS

LAW ENFORCEMENT:

HOSPITAL:

HOSPITAL:

FIRE:

WATER:
